May/June 1991 Volume 16, Number 3

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You

Electric Shock Inside the Heart Saves Lives

Some 500,000 Americans die each year from sudden heart attacks. Now, thanks to a new method of restoring normal heart rhythm by applying an electric shock to the interior of the heart, those lives have a much greater chance of being saved.

UCSF cardiologists, led by Todd J. Cohen, have used the new technique to restore normal rhythm in four patients whose hearts continued to quiver in the rapid, disorganized manner called "ventricular fibrillation" despite repeated attempts to correct the problem by conventional means.

"Each of these patients likely would have died except for this rescue technique," Cohen says.

Normal heart rhythm can be restored to many people by using a defibrillator —familiar to TV viewers as the device paramedics and emergency room workers use to apply electrical shocks with two "paddles" placed against a patient's chest. The shocks help re-establish the normal pattern of tiny electrical impulses in the heart that maintain a regular rhythm. However, there are cases where the patient does not respond to this conventional treatment.

The investigators recommend using the new, electric shock technique, known as "emergency intracardiac defibrillation," in cases where patients fail to respond to three external shocks.

Mount Zion Moves Ahead in Treating Cancer

Steps toward creating a regional cancer center at Mount Zion Medical Center of UCSF continue with the latest activities ranging from a newly refurbished cancer unit to a new "minimally invasive" surgical procedure for some patients.

Opening this spring will be the new, state-of-the-art 21-bed cancer unit. It will boast a family style kitchen and education center, complete with video tapes and the latest articles on cancer. There also will be an art library where patients can pick out museum quality posters to hang in their rooms.

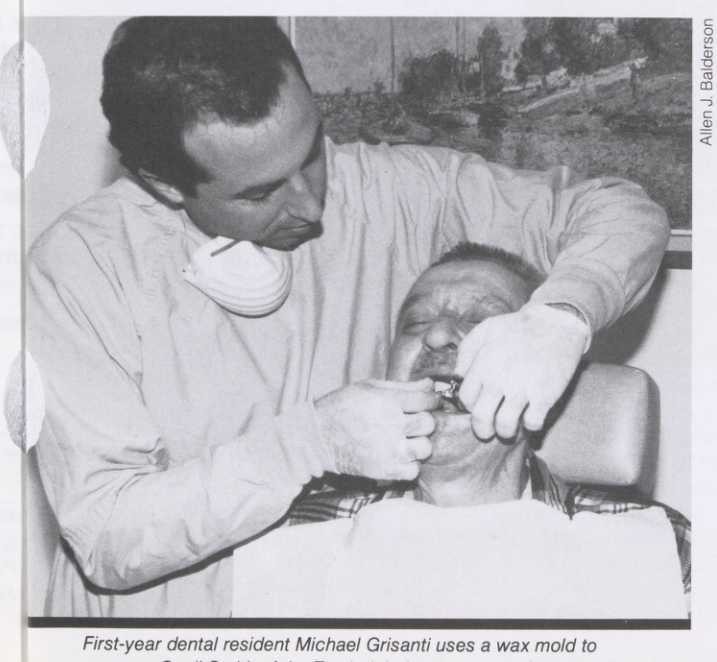
Another major step toward creating the center comes with a new procedure to determine the spread of prostate cancer or melanoma. Mount Zion physicians have just started using a thin, flexible tube—called a laparoscope—to remove pelvic lymph nodes, small bean shaped glands that act as a first line of defense against cancer and infections. The surgeons first make four incisions in the abdomen, each less than an inch in diameter. With the aid of a tiny camera, they get a clear view of the abdomen and by using miniature tools or lasers can easily remove the pelvic lymph nodes.

According to surgeon Robert E. Allen, Jr., this procedure allows patients to go home within a 24-hour period after surgery, as compared to a major diagnostic operation, which could require up to four days of hospitalization and a long recuperation. It helps doctors get an accurate assessment of whether or not the cancer has spread to these nodes and thus prescribe the best treatment. Mount Zion is one of only a handful of centers in the U.S. performing this surgery.

Meanwhile, a new, easy to understand resource book, entitled *Everyone's Guide to Cancer Therapy*, has been written in part by Mount Zion/UCSF cancer experts. It contains the latest information on diagnosing and treating the 50 most common types of cancer.

Dental Residents Learn How to Care for Complex Needs of the Elderly

Until UCSF set up a geriatric dentistry clinic in the middle of the Tenderloin, the special needs of these elderly patients often went untreated for years. They managed to "get by" without dental care. But, as our School of Dentistry residents who staff the clinic soon learn, these elderly people are more vulnerable to a variety of health and social problems. Without a good set of teeth their nutrition fails. Plus many older people are embarrassed about their toothless appearance, so much so that they condemn themselves to a life of social isolation.



Allen J. Balderson

First-year dental resident Michael Grisanti uses a wax mold to measure Cecil Smith of the Tenderloin for a new set of dentures.

The UCSF Advanced Education in General Dentistry program, directed by Harvey A. Brody, operates the weekly Tenderloin clinic as part of a comprehensive training program for dental school graduates. Eighteen residents currently are enrolled in the program, the only one of its kind in the country. The residents spend approximately one day a week working in one of four "areas of special emphasis"—geriatric dentistry, TMD (temporomandibular joint) disorders, hospital dentistry, and oral medicine. Each area exposes the residents to a special group of patients.

In geriatric dentistry, the residents see elderly patients at the North of Market Senior Services center in the Tenderloin, at a mobile screening clinic set up once a week in Northern California's Lake County and at three other UCSF geriatric clinics. Lake County patients who require additional treatment later travel by bus to the School of Dentistry's Buchanan Center.

The TMD rotation teaches the residents about muscular, skeletal and neurological problems that result in facial pain related to the jaw joint. In hospital dentistry, they learn how to balance the risks and benefits of hospitalizing a dental patient, while oral medicine teaches the residents about diseases and lesions of the mouth, including oral cancer and AIDS.

In Brief

Help for Those with Enlarged Prostates

UCSF researchers at the VAMC are seeking volunteers for treatment with promising drugs to relieve enlarged prostate symptoms—a common problem of aging—without surgery. Non-veterans as well as vets aged 50-75 may be eligible. All study-related medical care and study drugs are free, as long as symptomatic relief continues. For further information, call 221-4810, x3510 or 221-4810 and ask the operator to page Dr. Prahalad Jajodia on pager 340.

Drink More H_2O to Increase Amniotic Fluid

It could be as simple as drinking water... at least for some women. A new study by UCSF ob/gyn specialist Sarah J. Kilpatrick shows that pregnant women with low levels of amniotic fluid can increase the volume simply by drinking more water. An adequate volume of fluid, which surrounds the fetus in the mother's womb, is known to be associated with fetal well-being.

Reporting in a recent meeting of the Society of Perinatal Obstetricians, Kilpatrick said the findings may prove to be particularly useful for women who are past the projected due dates for birth of their babies.

SF Giants Raise $25,000 for Cody Fund

The San Francisco Giants have donated $25,000 to the Cody Fund. Steve and Tammy Bedrosian established the fund last year after their three-year-old son, Cody, was diagnosed with leukemia. Cody is receiving treatment at UCSF. Some $60,000, all of which goes to the UCSF Children's Comprehensive Cancer Center, has been raised so far through the fund. Bob Lurie of the Giants presented the check to Joseph Martin, dean of the UCSF School of Medicine, on April 5 as part of the Giants annual "Play Ball" luncheon, the team's big season opening event.

Poster Contest Winners

Three San Francisco elementary school students were winners of a recent poison prevention poster contest co-sponsored by the San Francisco Bay Area Regional Poison Control Center at SFGH and the UCSF School of Pharmacy. The posters were to highlight National Poison Prevention Week, March 17-23. Savings bonds went to the top three winners. Natalie Charlton, a fourth-grader at Saint Brendan, took first ($100); Joseph Guanzon, a fifth-grader at Redding, took second ($75); while Sharon Lee, a fifth-grader at Alamo, captured third ($50). Another 50 students were recognized with honorable mentions and awarded certificates. The contest attracted nearly 400 fourth- and fifth-grade children from 12 San Francisco elementary schools.

S.T.O.P. Program for Cocaine Users

If you or someone you know is trying to quit the cocaine habit, there's a new program called S.T.O.P.—The Stimulant Treatment Outpatient Program—at San Francisco General Hospital. It is free, confidential and staffed by expert counselors. For further information call 821-8764, weekdays between 9 a.m. and 4 p.m.

More News for You
on the back page

What's happening

May/June 1991
A bimonthly calen
events at UC San

Special Events

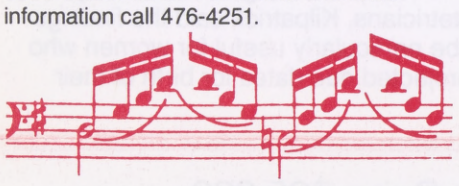
Thurs., May 9
Chauncey D. Leake Day. A full day of events including a picnic and raffle drawing beginning at noon in Saunders Court, 513 Parnassus, and the Chauncey D. Leake Lecture, "Molecular Mechanism of Visual Excitation." Lubert Stryer, Winzer Professor of Cell Biology, Stanford. Cole Hall. 3-4:30 p.m. Call 476-4723 for complete details.

Fri., May 10
Hispanic Nurse Symposium. Rm. 701, Clinical Sciences Bldg., 521 Parnassus. 9 a.m.-4 p.m. Call 476-1435.

Wed., May 15
UCSF Senior Services Fair. Brings together San Francisco organizations which offer assistance to seniors and their families and those who are concerned about caring for aged relatives. Medical Sciences Bldg. Lobby, 513 Parnassus. Noon-2 p.m. Call 476-2692.

Sun., June 2
UCSF Orchestra Spring Concert. Music by Vivaldi, Schumann, Mozart, Brahms & UCSF composer Chris Bystroff. Millberry Union Gym, 500 Parnassus Ave. Tickets $3/5. 4 p.m.

Fri.-Sun., June 7-9
The Pleasures & Perils of Genius: Mostly Mozart. Using Mozart as a model, the UCSF Health Program for Performing Artists and Dept. Psychiatry explore precocious intellectual and artistic excellence and how society treats geniuses. UCSF-Laurel Heights, 3333 California St. For tickets and more information call 476-4251.



Bay Area Women in the Marketplace

A lecture series devoted to successful women entrepreneurs in the Bay Area. Co-sponsored by Campus Tours/Speakers Bureau and Women's Resource Center. All lectures held at noon in Rm. 303, Health Sciences West, enter through 513 Parnassus. Call 476-4394 or 476-0400 for information.

Mon., May 13
Mable Yee, president/founder, Commuter Products Corp.

Mon., June 3
Iris Fluellen, San Francisco Chamber of Commerce.

Community Health Talks

A series of free lecture/discussions sponsored by Public Service Outreach Programs held at UCSF Laurel Heights (LH), 3333 California St., or the Parnassus campus (P) in Toland Hall, 533 Parnassus. 7-8:30 p.m. Free parking available. Call 476-8429 for details.

Thurs., May 16
Cancer in the '90s. (P)

Thurs., May 23
The Silver Amalgam Controversy: Is There Really Poison in Your Mouth? (LH)

Thurs., June 13
Neck & Shoulder Pain. (P)

Thurs., June 27
High Blood Cholesterol: What Should We Do About It? (LH)

Volunteer Orientation

Program to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Held in Rm. 192, Long Hospital (L) or Rm. 169, Moffitt Hospital (M), 505 Parnassus, on the Tuesdays listed below. For further information call 476-1196.

May 14, 5:30-7:30 p.m. (M)
May 28, 9-11 a.m. (L)

Asian/Pacific Cultural Awareness Week

Mon., May 20
Shadow Play Theater Co. Traditional Balinese shadow theater performance. Cole Hall, 513 Parnassus. Noon.

Thurs., May 23
From Saigon to America: Image vs. Reality. Discussion of issues facing Asian/Pacific American artists in the conflict of free expression vs. equal justice in the arts & society. Toland Hall, 533 Parnassus. Noon-1 p.m.

Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students & Millberry Union members $2.50; seniors $3; general $3.50. Call 476-2542. (Movies subject to change.)

May 2 at 5:45 & 8 p.m.
May 3 at 6:30 & 8:45 p.m.
Awakenings.

May 9 at 5:30 & 8 p.m.
May 10 at 6 & 8:45 p.m.
Kindergarten Cop.

May 16 at 5:45 & 8 p.m.
May 17 at 6:30 & 8:45 p.m.
Green Card.

May 30 at 5:45 & 8:45 p.m.
May 31 at 6:30 & 9:30 p.m.
Godfather III.

Brown Bag Lectures

A series of free lectures held weekly on Wednesdays at the Parnassus campus (P), Rm. 300, Health Sciences West, enter through 513 Parnassus; twice a month on Thursdays in Rm. 125, UCSF-Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, Mount Zion Medical Center of UCSF (MZ), 1600 Divisadero. All lectures held at noon. For further information call 476-4394.

May 1
The Hispanic Challenge. (P)

May 8
Human Gene Project. (P)

May 9
Hay Fever-Pollens-Molds-Poison Oak. (MCB)

May 14
Summer Skin Problems. (MZ)

May 15
Advances in Hearing Aid Technology. (P)

May 22
From Tragedy to Triumph. The art of mastering change. (P)

May 23
Stress in the Workplace. (MCB)

May 29
Peaceful Uses of Outer Space. (P)

June 5
Summer Skin Problems. (P)

June 6
Safe Fun in the Sun. (MCB)

June 12
The Disappearance of Amelia Earhart; The Court Martial of Billy Mitchell. (P)

June 18
When You Haven't Got Time for the Pain. (MZ)

June 19
Bypass or the Balloon? (P)

June 20
Exercise Without Injury. (MCB)

June 26
Weight Loss Is Not a Cure for Obesity. (P)

National Health & Fitness Month

UCSF celebrates National Health & Fitness Month with the following events, which take place in Millberry Union Gym, 500 Parnassus, unless otherwise noted.

May 6-16
Fitness & Body Testing. 11:30 a.m.-1:30 p.m. Call 476-0350 for locations.

May 7-16
Rockport Walking Seminars. Noon-1 p.m. Call 476-2675 for locations.

Tues., May 14
Fact vs. Fantasy. Tom Linden, KRON-TV, explains how to interpret the media's reports on health issues. Noon.

Wed., May 15
Health & Fitness Fair. Information, games, food, prizes and entertainment. Noon.

Thurs., May 16
Dance for Heart Aerobathon. Proceeds go to American Heart Association. 5:30-7 p.m.

Sun., May 19
Bay to Breakers. Join the UCSF team for the largest walking and running party in the city. For information and registration forms call 476-0356.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-6430.

Wed., May 22
Benefits Update. A panel of specialists in the field of private & public benefits. A *Living with HIV* Public Forum. Rm. 125, UCSF-Mission Center Bldg., 1855 Folsom St. Call 476-3902 for information.

Wed., June 26
Women & Clinical Trials. A *Living with HIV* Public Forum. Rm. 125, UCSF-Mission Center Bldg., 1855 Folsom St. Call 476-3902 for information.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS or ARC.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS, ARC or HIV infection, in a risk group or otherwise affected.

Outdoors Unlimited

Outdoors Unlimited, a cooperative resource center for outdoor recreation and adventure, is once again offering **Discovery Day Camp.** Children ages 7-12 are taken to sites around the Bay Area to explore nature & science. Camps will run in two-week sessions, from 8 a.m.-5 p.m., Monday through Friday. Meet at Millberry Union, 500 Parnassus. Call 476-1469 for complete details. To receive a quarterly listing of Outdoors Unlimited trips and clinics, call 476-2078.

Breast Cancer Screening

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $50. Your physician's approval is required. For appointments call 476-2193 between 9 a.m. and 3:30 p.m. A $50 mammography screening also is available at the Mount Zion Hospital of UCSF Radiology Department. Call 885-7710.

May 1-3
Cal State Hayward. On street level across from Parking Lot A.

May 6-9
Westlake Shopping Center. Daly City, on Park Plaza Dr. near Safeway.

May 13-14 & 16-17
Marina Green. In parking lot near Goodwill shed & Ft. Mason.

May 20-24
Bechtel Corp. 50 Beale St., just off Market St.

May 28-31
Sunset District. On Irving St. between 25th & 26th Aves.

June 10-14
Taraval St. Between 17th & 18th Aves.

June 17-21
UCSF-Laurel Heights. 3333 California St. in parking lot on left.

June 24-28
Levi Strauss Bldg. On Battery St. between Union & Greenwich.

Institute of Healing Arts & Sciences

All talks are free and held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Workshops & support group take place in Rm. 517, Nursing Bldg. Call Marie Lehrer at 476-3939 for information.

May 3
Complementary Cancer Therapies.

May 10
Guided Clinical Imagery.

May 17
Presenting Yourself: Theater Games for the Professional.

May 31
A Course in Miracles: A Handbook for Happiness.

Thurs., June 6
Healthy Thought Systems. A follow-up workshop to the Fri., May 31, talk, *A Course in Miracles.* $20. 7-10 p.m.

June 7
Dreamtime & Dreamwork.

June 14
Qi Gong: The Ancient Chinese Health Practice Explained.

June 21
Women Tell Their Stories.

June 28
Introducton to the Enneagram: A Spiritual & Psychological System.

Mon., July 1
Enneagram: A Spiritual & Psychological System. A follow-up workshop to the Fri., June 28, talk. $30. 7-10 p.m.

Multiple Helpers Outreach Network Support Group. Meets every Wednesday from 7-10 p.m. to address issues of Post Traumatic Stress Disorder, multiple personality & dissociative disorders & the healing of long-term psychic scars. Ages 18 & over. Call 759-7923 for information.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, May 7, 14, 21, 28 and June 4, 11, 18 & 25. Meet in the lobby of Medical Sciences Bldg., 513 Parnassus. For further information call 476-4394.

une 1991
onthly calendar of public
at UC San Francisco

Women's Programs

Unless otherwise noted, events sponsored by UCSF Women's Resource Center. For June events and recorded program information, call 476-0400. To pre-register call 476-5836.

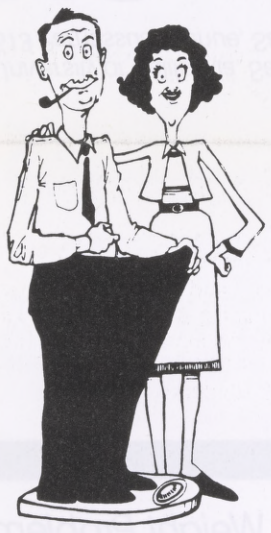
Thurs., May 2
Is There Sex After Professionalism? Dealing with issues of power, lovability, equality & co-dependency at home, in the classroom & at work. Toland Hall, 533 Parnassus. Noon-1 p.m.

Tues., May 7
Who Defines Our Culture? Issues in Latino/Chicano Art. A lecture/slideshow on the issue of who best interprets the culture of a group. In celebration of Cinco de Mayo. Rm. 301, Health Sciences West, enter through 513 Parnassus. Noon-1 p.m.

Sat., May 11
Basic Carpentry Workshop. Learn names & uses of hand & power tools, build a toolbox & more. $35-$55. Rm. 517, Nursing Bldg., enter through 521 Parnassus. 10 a.m.-4 p.m.

Senior Health Education Program

Free lectures by UCSF staff geared to senior citizens. Schedules are subject to change. Call 476-8429 to confirm events.



Wed., May 8
Lighten Up. Lakeside Tower, 2501 Ocean Ave. 10 a.m.

Mon., May 13
Communication with Your Doctor. Richmond District YMCA, 360 18th Ave. 11 a.m.

Wed., May 22
Urinary Tract Incontinence. Diamond Senior Center, 117 Diamond. 11 a.m.

Wed., May 29
Communication with Your Doctor. Bethany Center, 580 Capp St. 2 p.m.

Fri., June 7
Outpatient Surgery. St. Mark's Lutheran Church, 1101 O'Farrell. 10:45 a.m.

Recreation & Fitness

Have fun while staying fit this summer! Step aerobics, funk aerobics, swing & jazz dance, golf, Tae Kwon Do & volleyball are just a few of the classes offered at Millberry Union Fitness Center. Community registration for Summer '91 begins **Tues., June 18,** at Millberry Union Fitness Center, 500 Parnassus. For more information and a free brochure call 476-1115.

UCSF
University of California, San Francisco
News and Public Information Services
513 Parnassus Avenue
San Francisco, CA 94143-0462

Ulcers broke out in her throat and right arm. But soon they appeared most severely on her calf.

The pain was unbearable.

But Eunice Mahaffey lived with it. Excruciating pain. Day in and day out for seven years.

The pain emanated from an open, unhealing wound in Eunice's right calf. The wound—actually a cluster of ulcers—covered almost the entire calf, down to the muscle. A mysterious, uncommon disease known as *pyoderma gangrenosum*, or P.G., caused the ulcers. P.G. is associated with a variety of illnesses, including Crohn's disease, a gastrointestinal illness.

Doctors diagnosed Eunice with Crohn's in 1983. Ulcers broke out in her throat and right arm. But soon they appeared most severely on her calf.

The ulcers completely debilitated her. With her three children grown and on their own, Eunice was used to living independently. But now she needed home care because she was confined to her bed or wheelchair. She seldom left her home near Stockton. And when she did, it was usually for a trip to the hospital.

Eunice went to the hospital dozens of times. Mostly she went to receive morphine so she could bear the changing of her dressings. "I couldn't stand for anyone to touch it," she recalls. She took codeine daily at home, but it did little to alleviate the pain.

Eunice's doctors tried various cures, including high doses of steroids administered intravenously. The attempted cures failed. The steroids gave her osteoporosis and heart trouble. On Christmas Day 1989, her heart stopped for four minutes.

Then last year one of Eunice's dermatologists told her about a new procedure at UC San Francisco. The procedure, called cultured skin autografting, reproduces the patient's own skin for grafting onto a wound.

At UCSF's Wound and Ulcer Clinic, Eunice saw clinic director Marketa Limova who works with chief of dermatologic surgery Roy C. Grekin. Limova took a postage-stamp size culture of Eunice's healthy skin and sent it to BioSurface Technology, the Boston firm that developed the cultured-skin technique. There, the skin tissue was separated into individual cells in a solution. The cells were then placed in a gel where they rapidly multiplied.

What Limova got back were sheets of skin measuring two-by-two inches square and attached to a gauze backing. Like laying tile, Limova placed several of these biological bandages over Eunice's ulcers, skin-side down.

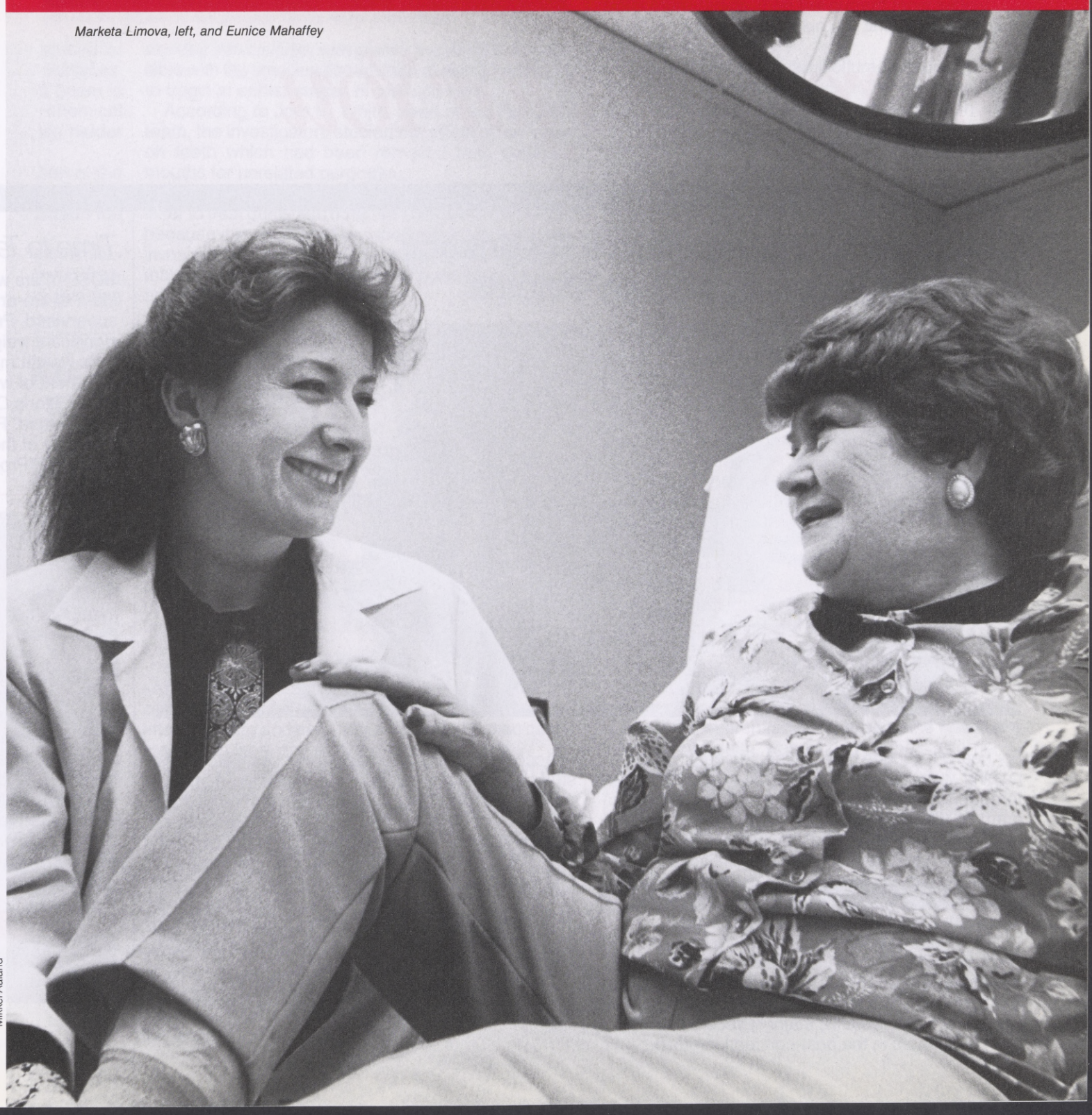
One week later, Limova peeled away the backing on Eunice's biological bandages and covered them with conventional ones. After six weeks, the calf wound had nearly healed. Eunice's body had readily accepted her own grafted skin, unlike the skin of other humans or animals, which the body often rejects. There was still a bit of ulceration, but spot application of more skin took care of it.

Now, just a few months later, Eunice leads a normal life. She's back on her feet and living independently once again. Now when she leaves the house, it is for far more pleasant pursuits—like a recent visit to Lake Tahoe with her daughters.

Best of all, though, the pain is gone.

—Marshall Krantz

Marketa Limova, left, and Eunice Mahaffey



Mikkel Aaland

To Our Neighbors

May/June 1991

Electric Shock Inside the Heart Saves Lives

Mount Zion Moves Ahead in Cancer Treatments

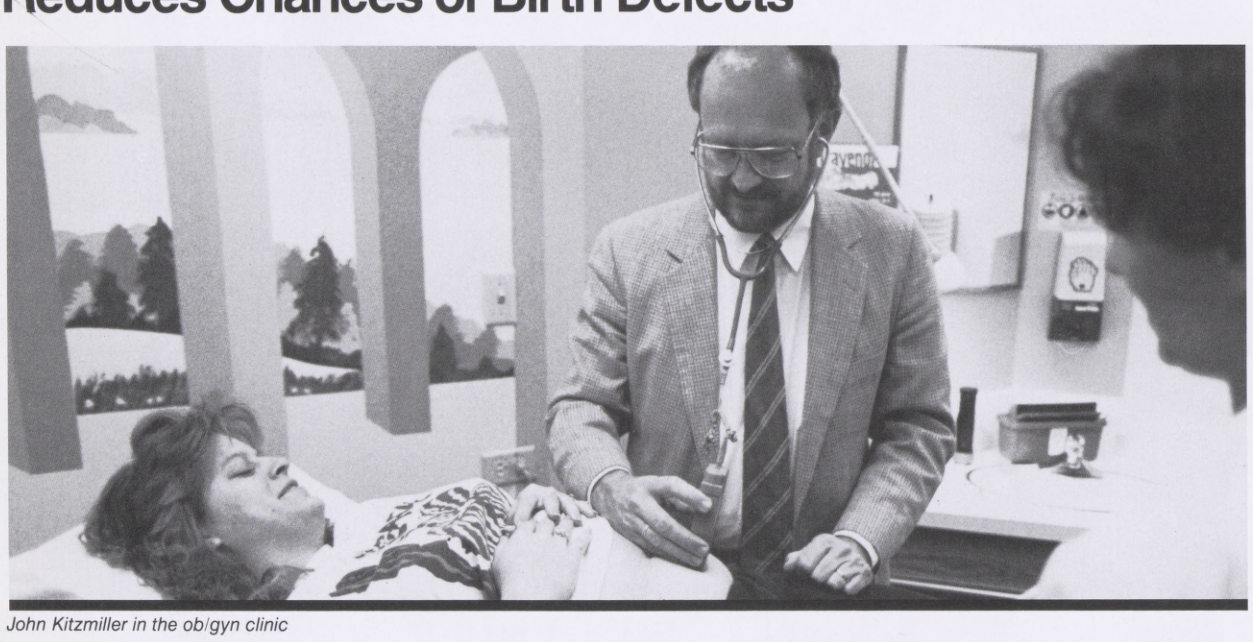
Caring for the Dental Needs of the Elderly

University of California, San Francisco
513 Parnassus Avenue, San Francisco, CA 94143-0462

More News for You

Controlling Diabetes Before Pregnancy Reduces Chances of Birth Defects

David Powers



John Kitzmiller in the ob/gyn clinic

For nearly a decade now, "Sweet Success" has been helping women with diabetes have healthy babies through an intensive pre-pregnancy/prenatal program of diabetes management. Recently, obstetrician John Kitzmiller and his colleagues followed some 200 participants in the program, including one group of women who entered the program before they were pregnant and another who enrolled when they were already 6 to 30 weeks pregnant.

The results of the study showed that entering the program before pregnancy made a big difference. Among the 84 women in the group who entered the program prior to conception, only one birth defect occurred. There were 12 major defects in babies of the 110 mothers in the post-conception group.

According to Kitzmiller, principal investigator in the study, the findings suggest that intensive management of diabetes prior to conception can reduce the frequency of major birth defects to the same rate as the non-diabetic population, which is about two percent. "Women with diabetes are often told to avoid pregnancy because of the risk of birth defects and other complications," he said, "but our data show that education and management before conception are so effective at reducing these risks that prospective mothers can conceive without fear."

For further information on the Sweet Success program call the UCSF Diabetes Center at 476-4179.

Time to Tackle Your Weight Problem

UCSF offers weight loss programs which are state-of-the-art, highly individualized and medically supervised. Programs are designed to promote significant weight loss, and more importantly, long-term weight maintenance for the prevention and treatment of weight-related medical problems. This year, Eater's Choice Cholesterol Treatment has been added. For further information call Kathy McHenry of the Weight Management & Risk Factor Reduction Program at 476-9987.

UCSF Community Affirmative Action Committee Created

A committee of UCSF staff and community members has been established to focus on job opportunities in planning, design and construction at UCSF, as well as other UCSF employment possibilities. The new UCSF Community Affirmative Action Committee will ensure that neighborhood concerns regarding employment receive continuous attention.

About 34 percent of UCSF's employees are minorities, and in 1989–90, $15.7 million of UCSF's expenditures for goods, services, construction and design went to minority-owned businesses. That figure represented 8.1 percent of the total spent that fiscal year on goods, services, construction and design at UCSF.

University of California, San Francisco